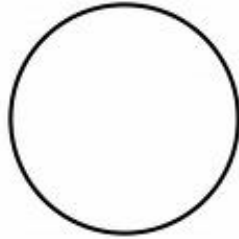


As seen on TV
and in
*The Washington
Post*



Want to 'Round-out' your workout?

Use this shape...



To get this shape!



Get Fit While Having Fun!

Hoop Dancing with Abby!

Hoop dancing (yes, hoola hooping with professional dance hoops) **speeds weight loss, increases energy, promotes laughing and smiling, strengthens the core, and tones the body.** Get in the spin!
No experience needed. Hoop rentals included.
Come early to size your hoop and register.

*****Classes Begin 11/2/09*****

Mondays from 10:30 – 11:30 a.m.

\$80/ 8 classes or \$15/ single class rate

Location: America's Ballet School

15365 Amberly Drive Tampa, FL

(Tampa Palms, in the same shopping center as Lifestyles)

**Class size is limited so reserve your space
via email to: americasballetsusan@gmail.com**

Visit www.hoolamonsters.com for more information or call 813-777-7720